

# A Profitable Habit

Keeping daily watch on

THE APPETITE  
THE DIGESTION  
THE LIVER AND  
THE BOWELS

At the first sign of trouble resort to

## HOSTETTER'S Stomach Bitters

It helps Nature restore normal conditions throughout the system.

## DEFIANCE STARCH

is constantly growing in favor because it Does Not Stick to the Iron and it will not injure the finest fabric. For laundry purposes it has no equal. 16 oz. package 10c. 1-3 more starch for same money. DEFIANCE STARCH CO., Omaha, Nebraska.

## WILD ANIMALS IN PANAMA

Their Usual Routine of Existence Disturbed by the Building of the Canal.

Wild turkeys give evidences of homesickness since they have been driven from the bottom lands in Panama owing to the construction of the canal. They wander about on the edge of the lake complaining, and it is easy to get within shooting distance of them. The Panama turkey is always thin and one is not more than enough for a meal for one man. Peccary, or wild pig, found frequently and in herds on the upper Chagres river, seems not to have been a habitant of the lower valley, as there are none along the edges of the newly-formed lake. Wild goat, although found in the mountains of the western part of Panama, is not known in the lake region.

The marshes along the Chagres and the jungle adjoining them have been the home of many snakes, and these have been forced to higher land and the trees by the rise of the water. Forces of the lighthouse division, engaged in cutting vistas for the range lights in Gatun lake, are meeting with a real danger from the native rattlesnake, called "tomiga." Many of these snakes instead of taking to water-free ground have climbed into the branches of the trees and every clump of bamboo hides from one to a dozen. Beating the clump usually scares them into the water, when the clearing can be carried on from cayucos by the machete men, but occasionally one or more will remain and prepare to fight. In such cases the cayuco is pulled as near the clump as is safe and shotguns are used in an attempt to kill the reptiles. If the shots miss, the snake, already coiled, springs at the boatmen.

Some men marry because they were short-winded and others because they were slow of foot.

Mountain climbing as a sport is one to which women today are devoting much attention.

HARD TO DROP  
But Many Drop It.

A young Calif. wife talks about coffee:

"It was hard to drop Mocha and Java and give Postum a trial, but my nerves were so shattered that I was a nervous wreck and of course that means all kinds of ails."

"I did not want to acknowledge coffee caused the trouble for I was very fond of it. At that time a friend came to live with us, and I noticed that after he had been with us a week he would not drink his coffee any more. I asked him the reason. He replied: 'I have not had a headache since I left off drinking coffee, some months ago, till last week, when I began again here at your table. I don't see how anyone can like coffee, anyway, after drinking Postum!'"

"I said nothing, but at once ordered a package of Postum. That was five months ago, and we have drank no coffee since, except on two occasions when we had company, and the result each time was that my husband could not sleep, but lay awake and tossed and talked half the night. We were convinced that coffee caused his suffering, so he returned to Postum, convinced that coffee was an enemy, instead of a friend, and he is troubled no more by insomnia."

"I have gained 8 pounds in weight, and my nerves have ceased to quiver. It seems so easy now to quit coffee that caused our aches and ails and take up Postum." Name given by Postum Co., Battle Creek, Mich.

Postum comes in two forms: Postum Cereal—the original form—must be well boiled. 15c and 25c packages.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both kinds are equally delicious and cost about the same per cup. "There's a Reason" for Postum.

—sold by Grocers.

# INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of Sunday School Course of Moody Bible Institute of Chicago.)

LESSON FOR DECEMBER 19

FALL AND CAPTIVITY OF ISRAEL.

LESSON TEXT—II Kings 17:7, 14, 15 (23).

GOLDEN TEXT—He that after being reproved hardeneth his neck shall suddenly be destroyed.—Prov. 29:1.

In the sweep of our six years' cycle of study we prefer to consider this lesson first and use the Christmas story (Luke 2:1-20) to illustrate the love of God which Israel (the last ten tribes) so basely outraged ere it passed into oblivion.

I. The Stiff-Necked People, vv. 6-13. The fact (v. 6) of Israel's captivity has always appealed to the interest and the imaginations of men. The cause of the captivity was threefold: (1) They "had sinned" (v. 7). It was not a single offense but a course of action which was performed (a) openly, "walked" (v. 8). For 215 years following Solomon's reign they had been openly idolatrous and trespassed upon God's grace. (b) "Secretly" (v. 9). Hosea's reign was the same as that of his 18 predecessors. Doubtless he was a good diplomat and politician, though his vacillation between Egypt and Assyria brought ruin, but in God's sight the secret acts and practices of the people were open and known (Ps. 139:1-12; Heb. 5:13). Many today do in secret things "that were (are) not right." A clearer line of demarcation between the church and the world is sadly needed. (2) They were consecrated to evil (vv. 10, 11). To cover our sins is not to prosper (Prov. 28:13), but if we confess our sins God's Son will cover them by the forgiveness of his atonement (Ps. 32:1-5; I John 1:9). Israel cared not, however, for his forgiveness, despite the fact it was he that "brought them up out of the land of Egypt." It is passing strange that Israel should so fully violate the express commands of God (Lev. 26:1; Deut. 26:21; Ex. 20:3-5, etc.). Some claim they did not possess the law, it being of a later date, a self-evidently foolish proposition, but even so, how can men of our time violate so many of the plain precepts of the word of God? Does this prove that the Bible does not exist? The answer to this query is a sufficient answer to the destructive critics. Israel "sets up idols" (v. 10) and "burnt sacrifice" (see Deut. 12:31) which things they did "to provoke the Lord to anger." (3) They abandoned themselves to evil. As though to remove all possibility of reformation they not alone "served idols" (v. 12) but "they sold themselves to do that which was evil" (v. 17).

II. The Sovereign God, vv. 14-18. God's character and will had been fully set before the nation (Ex. 20:3-6). Repeated warnings (v. 13) had been given by faithful prophets, also repeated forgivings, yet Israel (1) willful, they "would not hear" (v. 14), but deliberately followed in their fathers' footsteps. (2) Proud and vain (vv. 14, 15) and (3) utterly abandoned (v. 17), and hence must receive the judgment of God's righteous anger (see Ex. 20), or else God is not righteous. He repeatedly sought to turn them aside, but they slew his faithful prophets (Matt. 21:33-39). God is calling in mercy with long suffering in this present evil age; unbelief in God and his word is still prevalent; skepticism and loose morals everywhere abound, and shall God go on and call forever? (Prov. 29:1; I Pet. 3:9-10).

III. The Savior of Men, Luke 2:1-20. God's love for Israel was manifest (made plain) through his loving acts and the messages of warning proclaimed by his prophets. But we have a more marvelous revelation of his love in the person of his Son whose birthday we are about to observe. Samaria lost its "crown of pride," but we may receive a crown of righteousness as the "sons of God" (John 1:12; II Tim. 4:8), but not so unless we obey (John 14:23) his word. Let us therefore take up the angelic praise (1) "Glory to God in the highest;" highest heavens, highest degree and quality of praise of him who is infinitely wise and loving. (2) "On earth peace" with God, with man, in the individual heart and among the nations. Peace of conscience because of sins forgiven, in fact, all blessings, happiness and prosperity because of peace due to victory over sin which is the destroyer of peace. (3) "Good will toward men," those with whom God is well pleased, and God has good will only toward all men. He loved sinful Israel and he loves us so that he "gave his only begotten Son that whosoever believeth need not perish but have everlasting life." Even as the shepherds "found" the Savior (v. 16) so may all men who truly seek him (Heb. 11:6; Luke 19:10).

What better can we do on Christmas Sunday than openly to give God our best gift, our hearts' supreme love and devotion in return for his greatest gift to men?

Let us remember that to ignore grace will not set aside nor violate the judgment of sin.

When it came to traveling, the folks back in 1700 tried to burn up the road, just like the speed fiends of the present day. A newspaper dated March 10, 1737, in the library at New York, tells about a flying trip made in 14 hours between New York and Philadelphia. Eighty miles in 14 hours does not seem to us such breathless speed, but the same paper says that in order to accomplish this feat, "John Butler, with his wagon, must needs set out from the sign of the 'Death of the Fox' at daybreak and drive at top speed (the horses being changed at each stage ere the coach stops rocking), to meet the ferry of Rubin Fitzrandolph, which delivers passengers in New York by night." For those leisure times this was indeed "going some."

# Kin Hubbard Essays

TH' ELEMENT O' BOLDNESS AN' ITS RELATION T' SUCCESS

By KIN HUBBARD.

Hon. Ex-Editor Cale Fluhart addressed th' Commercial club last night at Melodeon hall. After congratulating th' club on th' town's low death rate an' th' new hitchin' rack in front o' th' courthouse th' speaker paid an eloquent tribute t' boldness an' its relation t' success. "We're livin' in an age o' sharp competition," said th' veteran editor, "when no element is so indispensable as boldness in th' attainment of all that is desirable in life. A finished education, purty hair, an automobile, an unimpeachable character, finely chiseled features, unlimited credit, th' form of an Apollo, a keen insight, a fine tenor voice, a magnetic

when he could have bought th' ground where th' post office stands for two dollars, an' th' spinster who could have married th' best man in town, both illustrate t' us how a whole life may be changed an' soured thro' th' lack o' a little nerve.

"T'day th' curbs are lined with shiverin' humanity who have dropped out o' th' procession on account o' cold feet.

"Th' best maxims o' t'day were written almost a century ago, an' if they fitted conditions as they existed then how much truer are they t'day when th' minds an' energies o' th' most resourceful amongst us are often exhausted in an effort t' even rise above



"Th' Venerable Example o' Penniless Ole Age Who Loves t' Chaw T'backer an' View With Alarm an' Refer t' th' Time When He Could Have Bought th' Ground Where th' Post Office Stands for Two Dollars."

personality, fashionable raiment an' good folks avail but little in th' battle o' life when unaccompanied by th' element o' boldness—or nerve.

"Biography records many instances where nerve, in th' absence o' both ability an' personal charm, has lifted its possessor out o' th' background an' ont' th' lights o' honor an' affluence.

"Boldness is a positive characteristic o' th' spirit. A feller may be bold thro' fearlessness, but he may be fearless without bein' bold. He may be fearless where there is no apprehension o' danger or no cause for apprehension, but he is bold only when he is conscious or apprehensive o' danger an' has th' nerve t' encounter it.

"Th' venerable example o' penniless ole age who loves t' chaw t'backer an' view with alarm an' refer t' th' time

mediocrity. If 'Strike when th' iron is hot' meant anything in 1836 how much more must it mean t'day when th' twenty slip horn players on th' waitin' list o' every county band? If he who hesitated fifty years ago wuz lost what chance is ther' t'day fer th' feller who says, 'I'll think about it?' 'Nothin' ventured nothin' won' wuz a pop'lar sayin' long before th' death o' Cornwallis, an' yet t'day ther's folks tryin' t' succeed without advertisin'.

"So in our modern system o' reachin' th' front boldness is th' all important, overshadowin', pre-eminent an' dominant requisite. If we're t' git a seat on th' end o' th' aisle in th' third row we'll have t' beat somebody t' it.

"As Tell Binkley says, 'Faint heart never won fair lady or sold any life insurance.'

## TROUBLE

By KIN HUBBARD.

If we kin believe ever'buddy we talk to ther hain't nothin' that's as equally distributed in this life as trouble. Ever'buddy's got it. If it hain't thrust on 'em they go out an' hunt fer it till they find it. Sometimes a feller'll worry alone fer weeks without any an' then he'll git in a whole batch.

Trouble finds its way int' th' tall, stately mansion among th' elms an' th' humble cot in th' dumps. Th' smilin' grafter, th' well-groomed man o' wealth, th' fat, glossy loafer that stands in th' pool room door an' th'

pleasantly with members o' his household an' then jump in th' river t' keep from meetin' a note. A wife may be surrounded by every luxury t'day an' leave a note in th' mornin' sayin', 'I've gone t' Seattle.'

Trouble is just a part o' th' scheme o' life an' no home seems t' be complete without its errin' son or daughter, its mortgage, its poverty, or a calamity o' some sort. Trouble softens us. It disturbs that feelin' o' selfish security that's all too likely t' develop with a fairly good job er a little easy



"People Who Act th' Happiest May Have th' Most Troubles. A Feller May Be All Life an' Sunshine in th' Presence o' His Associates, an' Brood When Alone Because He Looks Like th' Devil—in a Dress Suit."

tired shoveler with ten children all have ther troubles.

We see a prosperous lookin' feller whizzin' by in a luxurious tourin' car an' we think how happy he must be. It never occurs t' us that he may be goin' t' th' depot t' meet a lot o' relatives, er has just paid two dollars t' have a valve ground.

People who act th' happiest may have th' most troubles. A feller may be all life an' sunshine in th' presence o' his associates an' brood when alone because he looks like th' devil—in a dress suit. A gushin' society belle may be th' queen o' her set an' still weep bitter tears because she's got a mole in th' wrong place. A husband may eat a hearty supper an' chat

## Make Better Time Now.

When it came to traveling, the folks back in 1700 tried to burn up the road, just like the speed fiends of the present day. A newspaper dated March 10, 1737, in the library at New York, tells about a flying trip made in 14 hours between New York and Philadelphia. Eighty miles in 14 hours does not seem to us such breathless speed, but the same paper says that in order to accomplish this feat, "John Butler, with his wagon, must needs set out from the sign of the 'Death of the Fox' at daybreak and drive at top speed (the horses being changed at each stage ere the coach stops rocking), to meet the ferry of Rubin Fitzrandolph, which delivers passengers in New York by night." For those leisure times this was indeed "going some."

money. Trouble is a great leveler an' a wonderful conceit diminisher an' it seems t' make a specialty o' hittin' th' high places. Fer how often we see folks readin' th' help wanted ads t'day that were frownin' down on us from th' dizzy peaks o' prosperity yesterday.

So th' fact that ever'buddy has ther troubles should make us all th' more reconciled t' our own. Let us study well th' beautiful optimism o' poor Robert, th' laborer, in th' ole, undyin' third reader story, when he says: "Well, then I must up t'night on an onion. Last night I had nothin'. It will make no difference with me t'morrow what I have had t'day." So sayin', he trudged on, singin' as before. (Protected by Adams Newspaper Service.)

## Greeks Treasured Alyssum.

Ancient Greeks thought the ancestors of sweet alyssum had some power to stop hiccoughs; also to cure mad dogs. If the Greeks were right, the flower has changed somewhat. About the only thing it is used for now is to decorate a garden border, a window box or a hanging basket. It does more than decorate, too. Its fragrance has made it a favorite of the bees, and also given it its name.

The flower has another name—mad wort; so called, probably, from the Greek belief that it cured dogs of their madness. It grows low, with tiny white blossoms in spikes at the tops of the stems.

Flowers of the alyssum are not all white. There is one variety with bright yellow flowers which blossoms early in the spring.



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# SKINNER'S Macaroni Products

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Please send me full information how I can obtain Oneida Community Par Plate Silverware free with Skinner's Macaroni Products.

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No Doubt True.  
His Wife—I wonder why it is that but few single women enter the lecture field.  
Her Husband—Oh, I guess marriage is a sort of training school.

Monkey Face?  
"What does your sister's baby look like?"  
"If I tell you you've got to promise not to tell her."

Improved machinery enables a man to accomplish almost as many things as a woman can with a hairpin.

Where She Scores a Hit.  
Singleton—A woman can't propel a stone with any degree of accuracy.  
Wederly—No; but when it comes to throwing hints she rings the gong every time.

The Explanation.  
Almee—I wonder how Hazel manages to preserve her complexion?  
Mary—I believe she keeps it in a cool place, tightly corked, when not in use.

The wise girl smiles at a compliment and then proceeds to forget it.



## Cheerful as Sunlight

The radiant glow of a RAYO lamp puts good cheer into the long winter evenings. Its soft yet brilliant light allows the family to read, study or sew all they want, without fear of strained eyes. A RAYO lamp is an eye saver, as well as the center of winter evening pleasure and comfort. RAYO lamps are sold everywhere by leading dealers, and are used in over 3,000,000 middle western homes.

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# The Wheat Yield Tells the Story

of Western Canada's Rapid Progress  
The heavy crops in Western Canada have caused new records to be made in the handling of grains by railroads. For, while the movement of these heavy shipments has been wonderfully rapid, the resources of the different roads, despite enlarged equipments and increased facilities, have been strained as never before, and previous records have thus been broken in all directions.

The largest Canadian wheat shipments through New York ever known are reported for the period up to October 15th, upwards of four and a quarter million bushels being exported in less than six weeks, and this was but the overflow of shipments to Montreal, through which point shipments were much larger than to New York.

Yields as high as 60 bushels of wheat per acre are reported from all parts of the country; while yields of 45 bushels per acre are common. Thousands of American farmers have taken part in this wonderful production. Land prices are still low and free homestead lands are easily secured in good localities, convenient to churches, schools, markets, railways, etc.

There is no war tax on land and no conscription. Write for illustrated pamphlet, reduced railroad rates and other information to Superintendent Immigration, Ottawa, Canada, or

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We want the name of every farmer in Kansas, Missouri and Oklahoma who raises cattle, hogs or sheep. We want him to receive our market letter. We want him to know about "Service" and what it means to shippers. In your name on our list? Put it there today.

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